



Завод за јавно здравље "Тимок" Зајечар



**Činjenice vezane za bolest COVID-19
Svetske zdravstvene organizacije**

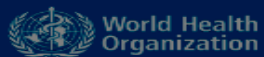


COVID-19 virus se MOŽE preneti u područjima s vrućom i vlažnom klimom

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

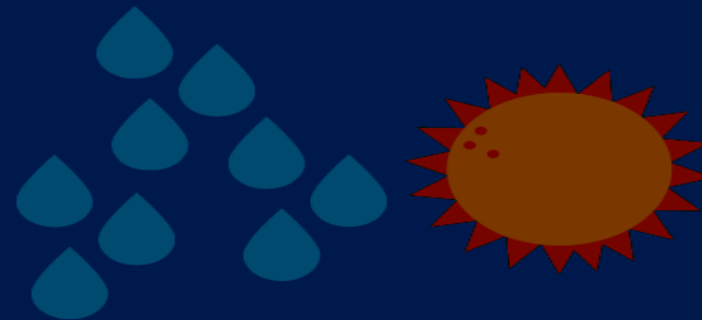


World Health Organization

#Coronavirus

#COVID19

FACT:
The new coronavirus can be transmitted in areas with hot and humid climates



9 March 2020

.Iz dosadašnjih dokaza virus COVID-19 može se preneti u SVIM PODRUČJIMA, uključujući područja s vrućim i vlažnim vremenom.

.Bez obzira na klimu, primenjujte zaštitne mere ako živite u mestu ili putujete u područje koje je prijavilo COVID-19.

.Najbolji način da se zaštitite od COVID-19 je često pranje ruku. Time eliminišete viruse koji mogu biti na vašim rukama i izbegavate infekciju koja bi se mogla dogoditi dodirivanjem očiju, usta i nosa.



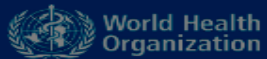
Hladno vreme i sneg NE MOGU ubiti novi koronavirus.

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.

The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

FACT:
Cold weather and snow CANNOT kill the new coronavirus



#Coronavirus

#COVID19

• Nema razloga verovati da hladno vreme može ubiti novi koronavirus ili viruse drugih bolesti. Normalna temperatura ljudskog tela ostaje oko 36,5 ° C do 37 ° C, nezavisno od spoljašnje temperature ili vremenskih prilika.

• Najdelotvorniji način zaštite od novog koronavirusa je česta dezinfekcija ruku sredstvima na bazi alkohola ili pranje sapunom i vodom.

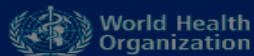


Kupanje u vrućoj vodi NE SPREČAVA novu koronavirusnu bolest

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT:
Taking a hot bath does not prevent the new coronavirus disease



#Coronavirus #COVID19

.Kupanje u vrućim kupkama neće sprečiti da dobijete COVID-19. Vaša normalna telesna temperatura ostaje oko 36,5 ° C do 37 ° C, bez obzira na temperaturu vode sa kojom se kupate ili tuširate.

.Zapravo, kupanje u toplim kupkama s ekstremno vrućom vodom može biti štetno, jer vas može izgorjeti.

.Najbolji način da se zaštitite od COVID-19 je često pranje ruku. Time eliminišete viruse koji mogu biti na vašim rukama i izbegavate infekciju koja bi se mogla desiti dodirivanjem očiju, usta i nosa.



Novi koronavirus NE MOŽE se preneti ubodom komaraca

To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.



World Health Organization

#Coronavirus

#COVID19

FACT:
The new coronavirus
CANNOT
be transmitted through
mosquito bites



.Do danas nema podataka niti dokaza koji bi ukazali da bi novi koronavirus mogli preneti komarci.

.Novi koronavirus je respiratorni virus koji se širi prvenstveno kapljicama koje nastaju kada zaražena osoba kašlje ili kija, ili kapljicama pljuvačke ili sekretom iz nosa.

.Da biste se zaštitili, dezinfikujte ruke često sredstvima na bazi alkohola ili ih operite sapunom i vodom. Takođe, izbjegavajte bliski kontakt sa svima koji kašlju i kijaju.





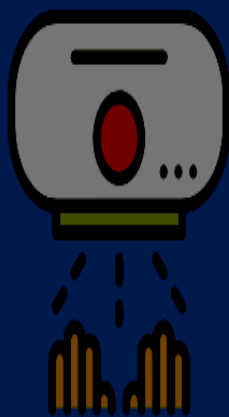
Aparati za sušenje ruku NISU efikasni pri uništavanju novog koronavirusa



No. Hand dryers are not effective in killing the 2019-nCoV.

To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Are hand dryers effective in killing the new coronavirus?



#2019nCoV

.Aparati za sušenje ruku nisu delotvorni u uništavanju 2019-nCoV.

.Da biste se zaštitili od novog koronavirusa, često trljajte ruke sredstvima na bazi alkohola ili ih operite sapunom i vodom.

.Nakon što su vam ruke očišćene, temeljno ih osušite papirnatim ubrusima ili toplim vazduhom aparata za sušenje ruku

Može li ultraljubičasta lampa za dezinfekciju ubiti novi koronavirus?

UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.

Can an ultraviolet disinfection lamp kill the new coronavirus?



#2019nCoV

.UV lampe ne bi trebalo koristiti za sterilizaciju ruku ili drugih delova kože jer UV zračenje može izazvati iritaciju kože.



Koliko su temperaturni skeneri delotvorni u otkrivanju ljudi zaraženih novim koronavirusom?

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.



#2019nCoV

How effective are thermal scanners in detecting people infected with the new coronavirus?



•Temperaturni skeneri delotvorni su u otkrivanju ljudi kod kojih se razvila temperatura (tj. imaju višu od normalne telesne temperature) zbog infekcije novim koronavirusom.

•Međutim, ne mogu otkriti ljude koji su zaraženi, ali im se još nije povećala temperatura. To je zato što treba da prođe između 2 i 10 dana pre nego što se zaraženi ljudi razbole i dobiju povišenu temperaturu.



Može li prskanje alkoholom ili hlorom po celom telu ubiti novi koronavirus?

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.



#2019nCoV

Can spraying alcohol or chlorine all over your body kill the new coronavirus?



- Ne. Raspršivanje alkohola ili hlora po celom telu neće ubiti viruse koji su već ušli u vaše telo.
- Prskanje takvih supstanci može biti štetno za odeću ili sluznicu (tj. oči, usta).
- Imajte na umu da i alkohol i hlor mogu biti korisni za dezinfekciju površina, ali treba ih koristiti u skladu s odgovarajućim preporukama.





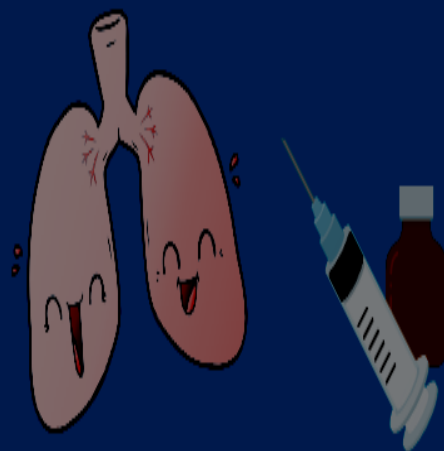
Da li vas vakcine protiv upale pluća štite od novog koronavirusa?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.

Do vaccines against pneumonia protect you against the new coronavirus?



#2019nCoV



.Ne. Vakcine protiv upale pluća, kao što su vakcina protiv pneumokoke, ili na primer protiv gripa (Hib) , ne pružaju zaštitu protiv novog koronavirusa.

.Virus je nov i toliko drugačiji da mu treba sopstvena vakcina. Naučnici pokušavaju razviti vakcinu protiv 2019-nCoV, a WHO podržava njihove napore.

.Iako ove vakcine nisu delotvorne protiv 2019-nCoV, za zaštitu zdravlja strogo se preporučuje vakcinisanje protiv respiratornih bolesti.



Može li redovno ispiranje nosa fiziološkim rastvorom pomoći u sprečavanju infekcije novim koronavirusom?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?



#2019nCoV

- Ne. Nema dokaza da redovno ispiranje nosa fiziološkim rastvorom štiti ljude od infekcije novim koronavirusom.
- Postoji nekoliko ograničenih dokaza da redovno ispiranje nosa fiziološkom otopinom može pomoći ljudima da se brže oporave od prehlade.
- Međutim, redovno ispiranje nosa se nije pokazalo kao prevencija respiratornih infekcija.



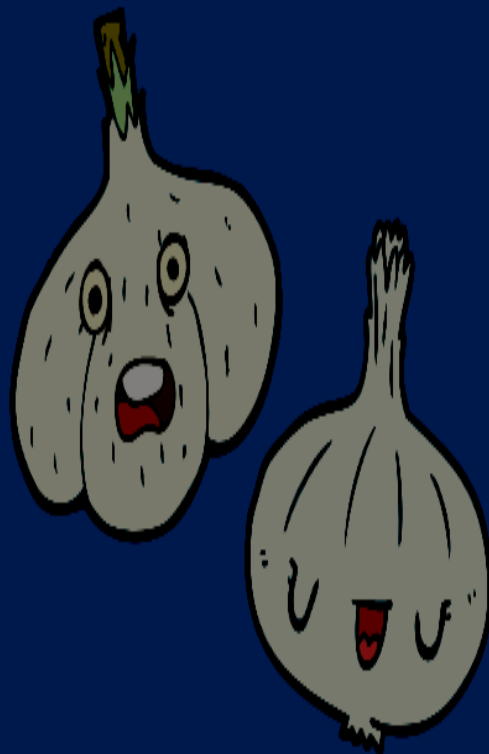


Može li konzumiranje belog luka sprečiti infekciju novim koronavirusom?



Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus?



.Beli luk je zdrava namirnica koja može imati neka antimikrobna svojstva.

.Međutim, do sada nema dokaza da je konzumiranje belog luka štitilo ljude od novog koronavirusa.

Napada li novi koronavirus starije ljude ili su osetljivi i mlađi ljudi?

People of all ages can be infected by the new coronavirus (nCoV-2019).

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



#Coronavirus

Does the new coronavirus affect older people, or are younger people also susceptible?



.Osobe svih starosnih grupa mogu se zaraziti novim koronavirusom (2019-nCoV). Čini se da su starije osobe i ljudi s već postojećim medicinskim stanjima (poput astme, dijabetesa, srčanih bolesti) podložniji ozbiljnom obolevanju od virusa.

.WHO savjetuje ljudima svih starosnih grupa da preduzmu mere kako bi se zaštitili od virusa, na primer dobrom higijenom ruku i dobrom respiratornom higijenom.



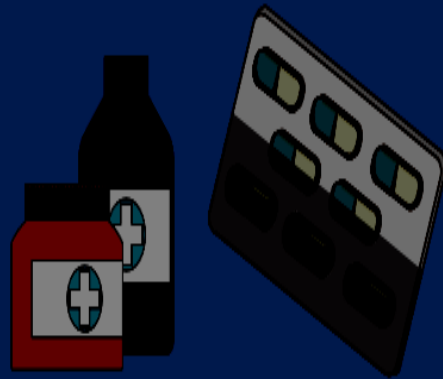
Jesu li antibiotici delotvorni u sprečavanju i lečenju novog koronavirusa?

No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

Are antibiotics effective in preventing and treating the new coronavirus?



.Ne, antibiotici ne deluju protiv virusa, samo bakterija.

.Novi koronavirus (2019-nCoV) je virus i, prema tome, antibiotici se ne smeju koristiti kao sredstvo za prevenciju ili lečenje.

.Međutim, ako ste hospitalizovani zbog 2019-nCoV, možda ćete dobiti antibiotike jer je moguća bakterijska ko-infekcija.



#Coronavirus



Postoje li određeni lekovi za sprečavanje ili lečenje novog koronavirusa?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.

Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.



#Coronavirus

Are there any specific medicines to prevent or treat the new coronavirus?



.Do danas, ne preporučuje se ni jedan poseban lek koji bi sprečio ili lečio novi koronavirus (2019-nCoV).

.Međutim, osobe zaražene virusom trebaju dobiti odgovarajuću terapiju za ublažavanje i lečenje simptoma, a oni sa teškom bolešću treba da dobiju optimalnu prateću negu.

.Neki specifični tretmani se istražuju i biće testirani kroz klinička ispitivanja. WHO pomaže da se ubrzaju istraživački i razvojni napori, zajedno sa nizom partnera.





MI BRINEMO O VAŠEM ZDRAVLJU

